

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (cancelled).

Claim 2 (currently amended): The device of Claim ~~4~~ 17 wherein the user
exercises by moving his upper body from a first position to a second position,
the user's arms being kept extended while gripping the hand-gripping member,
wherein
in said second position the user's upper body is raised relative to said
first position.

Claim 3 (currently amended): The device of Claim ~~4~~ 17 wherein the user
exercises by moving his upper body in a side-to-side motion, front-to-back
motion, diagonal motion, rotational motion, or a combination thereof, the user's
arms being kept extended while gripping the hand-gripping member.

Claim 4 (cancelled).

Claim 5 (currently amended) The device of Claim 4 17, further comprising:

2 at least one guiding member supported on said frame, and

a ~~slidable~~ slideable member slidably coupled to said guiding member,

4 wherein

said hand-gripping member is coupled to said ~~slidable~~ slideable member.

Claim 6 (original): The device of Claim 5 wherein said guiding member

2 comprises a bar.

Claim 7 (currently amended): The device of Claim 5 wherein said ~~slidable~~

2 slideable member and said guiding member comprise smooth surfaces for

enabling the ~~slidable~~ slideable member to slide on said guiding member.

Claim 8 (currently amended): The device of Claim 5 wherein said ~~slidable~~

2 slideable member comprises at least one wheel for enabling the ~~slidable~~

slideable member to slide on said guiding member.

Claim 9 (cancelled).

Claim 10 (original) The device of Claim 5 wherein said guiding member is

2 movably coupled to said frame.

Claim 11 (currently amended): ~~The device of Claim 10~~ An exercise device,

2 comprising:

a hand-gripping member,

4 said hand-gripping member being positioned generally above a user's

head when the user lies on his back, said hand gripping member

6 further being capable of side-to-side motion, front-to-back motion,

diagonal motion, rotational motion, or a combination thereof, relative

8 to the user, said motion being substantially confined to a plane

parallel to a surface on which the device is supported;

10 further comprising a frame for supporting said hand-gripping member;

at least one guiding member supported on said frame,

12 a slideable member slidably coupled to said guiding member, wherein

said hand-gripping member is coupled to said slideable member;

14 wherein said guiding member is movably coupled to said frame; and

wherein said guiding member is coupled to said frame via a pivot

16 attachment, ball attachment, or spring attachment.

Claims 12-13 (cancelled).

Claim 14 (currently amended): The device of Claim ~~4~~ 17, further comprising:

2 first and second guiding members oppositely mounted on said frame, and
a third guiding member ~~slidable~~ slideably mounted on said first and
4 second guiding members and having opposite first and second ends
supported on said first and second guiding members respectively,
6 wherein
said hand-gripping member is slidably mounted on said third guiding
8 member.

Claim 15 (currently amended): The device of Claim 14 wherein said third guiding
2 member is made ~~slidable~~ slideable on said first and second guiding members by
providing said first and second ends of said third guiding member with a
4 plurality of wheels coupled thereto, or smooth surfaces.

Claim 16 (currently amended): The device of Claim 14 wherein said hand-
2 gripping member is made ~~slidable~~ slideable on said third guiding member by
providing said third guiding member with at least one wheel rotatively coupled
4 to said third guiding member or by providing said third guiding member with a
smooth surface.

Claim 17 (currently amended): ~~The device of Claim 4~~ An exercise device,

2 comprising:

a hand-gripping member,

4 said hand-gripping member being positioned generally above a user's

head when the user lies on his back, said hand gripping member

6 further being capable of side-to-side motion, front-to-back motion,

diagonal motion, rotational motion, or a combination thereof, relative

8 to the user, said motion being substantially confined to a plane

parallel to a surface on which the device is supported;

10 further comprising a frame for supporting said hand-gripping member;

and

12 wherein said frame is foldable such that the device can be compacted

 when not in use.

Claim 18 (currently amended): The device of Claim ~~4~~ 17, said hand-gripping

2 member comprising handles which are gripped by the user while exercising,

 wherein the distance of the handles from said first surface is adjustable.

Claim 19 (currently amended): The device of Claim ~~4~~ 17, further comprising

2 resistance elements for providing resistance to said motion.

Claim 20 (cancelled).

Claim 21 (currently amended): The device of claim ~~20~~ 25 wherein said hand-
gripping member is mounted to said frame via a ~~slideable~~, slideable spring,
pivot, ball, or pendulum attachment, or combination thereof.

Claim 22 (currently amended): The device of Claim ~~20~~ 25, further comprising:
at least one guiding member supported on said frame, and
a ~~slideable~~ slideable member slidably coupled to said guiding member,
wherein
said hand-gripping member is coupled to said ~~slideable~~ slideable member.

Claim 23 (original): The device of Claim 22 wherein said guiding member is
movably coupled to said frame.

Claim 24 (original): The device of Claim 23 wherein said guiding member is
coupled to said frame via a pivot attachment, ball attachment, or spring
attachment.

Claim 25 (currently amended): ~~The device of Claim 20,~~ An exercise device,
comprising:
a frame, and

4 a movable hand-gripping member mounted on said frame,

5 said hand-gripping member being positioned generally above a user's
6 head when the user exercises on the device, said hand gripping
7 member further being capable of side-to-side motion, front-to-back
8 motion, diagonal motion, rotational motion, or a combination
9 thereof, relative to the user, while the frame remains stationary,
10 wherein

11 the user exercises by moving his upper body in a side-to-side motion,
12 front-to-back motion, diagonal motion, rotational motion, or a
13 combination thereof, the user's arms being kept extended while
14 gripping the hand-gripping member; and

15 further comprising first and second guiding members oppositely
16 mounted on said frame, and

17 a third guiding member slidably mounted on said first and second
18 guiding members, and having opposite first and second ends
19 supported on said first and second guiding members respectively,
20 wherein

21 said hand-gripping member is slidably mounted on said third guiding
22 member.

Claims 26-28 (cancelled).

Claim 29 (original): An exercise device, comprising:

2 support means, and

hand-gripping means mounted on said support means,

4 said hand-gripping member being positioned generally above a user's

head when the user lies on his back, said hand gripping member

6 further comprising means form movement including side-to-side,

front-to-back, diagonal, or rotational movement, or a combination

8 thereof, relative to the user,

wherein the user exercises by moving his upper body in a side-to-side

10 motion, front-to-back motion, diagonal motion, rotational motion, or

a combination thereof, the user's arms being kept extended while

12 gripping the hand-gripping member.